



Jicama Piña Breeze

Ingredients

½ cup canned pineapple
chunks, packed in
100% juice, undrained

½ cup fresh jicama, peeled and
cut into small pieces

½ cup fresh orange chunks
2 cups orange juice
ice cubes

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

A variety of flavors make up this refreshing drink.

Makes 3 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg